



# Power Of One

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## Power of One:

Power of One helps students find and use their personal power. Members set their own goals, work to achieve them, and enjoy the results. The skills members learn in Power of One help them now and in the future in school, with friends and family, in their future at college, and on the job.

## Power of One Topic Areas:

Power of One gives youth the POWER to fulfill their dreams by creating self-directed projects that focus on

- A Better You – Improve personal traits
- Family Ties – Get along better with family members
- Working on Working – Explore work options, prepare for a career, or sharpen skills useful in business
- Take the Lead – Develop leadership qualities
- Speak out for FCCLA – Tell others about positive experiences in FCCLA

## Power of One Material:

The FCCLA Power of One Program CD provides information to help youth set goals for themselves, create a plan of action, and meet that goal. This resource provides tips for leaders, advice for advisers, project ideas, and a recognition application. For more information on FCCLA's Power of One program, log onto the FCCLA Web site, [www.fcclainc.org](http://www.fcclainc.org). Contact your local FCCLA chapter to find out how you can experience the Power of One.

## Awards:

Family, Career and Community Leaders of America offers national recognition to members who complete all five FCCLA Power of One units. This honor includes special recognition on the FCCLA Web site, [www.fcclainc.org](http://www.fcclainc.org).

To gain recognition for Power of One accomplishments, send the Five Unit Recognition Application to your state adviser (by the state deadline). Applications due to FCCLA national headquarters from state advisers postmarked by April 1.



*Give yourself the power to make a positive change in your family, career, and community, one goal at a time.*